

DINNERLY



Balanced Chicken and Sweet Potato with Spinach and Craisin Salad



30 minutes



2 Servings

Tonight's healthy dinner is a cinch to make. Coat chicken in our herby seasoning, tumble sweet potato wedges onto a tray, then sit back and let the oven do most of the work!

WHAT WE SEND

- 1 sweet potato
- free-range chicken tenderloins
- 5g mint and rosemary seasoning ^{6,17}
- 100g Greek-style yoghurt ⁷
- 100g baby spinach leaves
- 30g Craisins

WHAT YOU NEED

- 1 garlic clove
- 2 tbs olive oil
- 2 tsp white wine vinegar ¹⁷

TOOLS

- oven tray
- baking paper

Our veggies come straight from the farm, so please wash them before cooking.

ALLERGENS

Soy (6), Milk (7), Sulphites (17). May contain traces of other allergens.

NUTRITION PER SERVING

Energy 495kcal, Fat 20.8g, Carbs 27.9g, Proteins 39.9g



1. Prep ingredients

Preheat the oven to 220C. Line an oven tray with baking paper. Cut the **unpeeled sweet potato** into 1cm-thick wedges. Crush **1 garlic clove**.



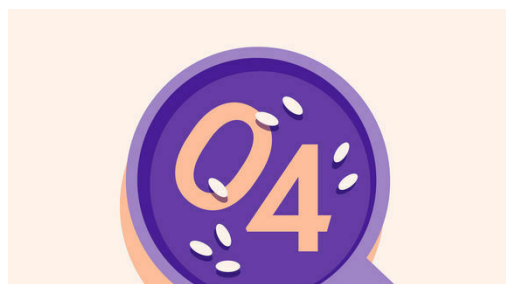
2. Roast sweet potato

Put the **sweet potato** on the lined tray, drizzle with **1 tbs olive oil**, season with **salt and pepper** and toss to coat. Roast for 10 mins.



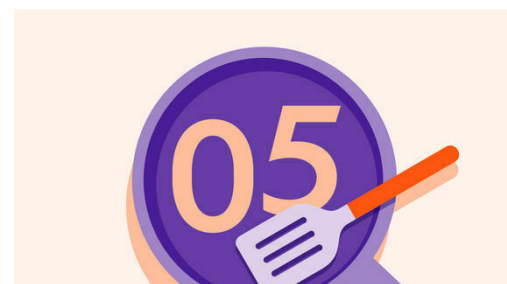
3. Roast chicken

Meanwhile, put the **chicken, mint and rosemary seasoning** and **1 tbs olive oil** in a bowl. Season with **salt and pepper** and toss to coat. Put the chicken on the tray with the sweet potato and roast for a further 15 mins or until the chicken is cooked through and the sweet potato is golden and tender.



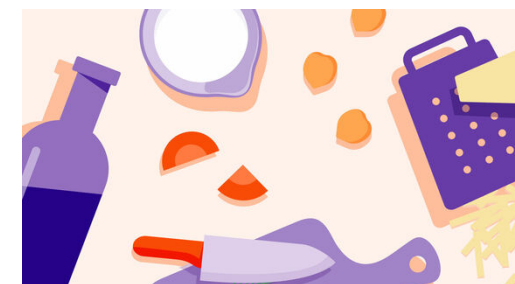
4. Make salad

Put the **yoghurt, garlic** and **2 tsp white wine vinegar** in a large bowl, season with **salt and pepper** and stir to combine. Add the **spinach** and **Craisins** and toss to coat (see Make it yours).



5. Serve up

Divide the **chicken, sweet potato wedges** and **spinach salad** among plates and enjoy!



6. Make it yours

If you find the flavour of raw garlic too strong, add the garlic to the chicken marinade before roasting, or simply leave it out altogether.